

March 2023 FiftyForward Knowles Program Calendar

Please carefully read the program description page to learn more about each offering and to see which programs require registration. Events with an asterisk* require advanced registration. To register, please use the Membership Portal: <https://fiftyforward.org/member/#myaccount> or call Sharie Loik at 615-743-3488. We follow CDC safety guidelines.

Su	Mon	Tue	Wed	Thu	Fri	Sa
	<p>FiftyForward Fresh LUNCH—\$2.50 Reserve by 11am at the front desk or by calling 615-743-3487 Served at 12:00 noon in the Art Room</p>		<p>1 10:30am Chair Yoga 12pm Spring Flower Craft</p>	<p>2 9:30am Silver Sneakers 10:45am SAIL— Fall Prevention, Fitness & Strength Class 1pm Arthritis Exercise</p>	<p>3 11am Knowles Knitters and Crocheters 12:15pm Karaoke</p>	4
5	<p>6 11:30am SAIL— Fall Prevention, Fitness & Strength Class 1pm Arthritis Exercise 1pm Writer's Group on Zoom</p>	<p>7 11:30am Music City Moments at FiftyForward Live Lunchtime Music—Playing: Monti Amundson 1pm Bingo 1:30pm Bold & Golden Men's Group</p>	<p>8 10am Choose Health: Food, Fun and Fitness 10:30am Chair Yoga 11:15am Cooking Matters 12pm <i>Voices Forward</i> Choir Practice 3pm Tech Help with Valor College Prep*</p>	<p>9 9:30am Silver Sneakers 10:45am SAIL— Fall Prevention, Fitness & Strength Class 1pm Arthritis Exercise</p>	<p>10 9am Bus Leaves TRIP 10am Nashville Symphony Dress Rehearsal * 11am Knowles Knitters and Crocheters 12:15pm Karaoke</p>	11
12	<p>13 10am Bluebird Café 11:30am SAIL— Fall Prevention, Fitness & Strength Class 1pm Arthritis Exercise 1pm Virtual Writer's Group on Zoom</p>	<p>14 10am-2pm Experience a Virtual Dementia Tour with trained facilitator—Sponsored by Senior Helpers</p>	<p>15 10am Choose Health: Food, Fun and Fitness 10:30am Chair Yoga 11:15am Cooking Matters 12:30pm Nashville Public Library Puppet Show</p>	<p>16 9:30am Silver Sneakers 10:45am SAIL— Fall Prevention, Fitness & Strength Class 12pm Bible Study 101 1pm Arthritis Exercise</p>	<p>17 11am Knowles Knitters and Crocheters 12:15pm Karaoke</p>	18
19	<p>20 11:30am SAIL— Fall Prevention, Fitness & Strength Class 1pm Arthritis Exercise 1pm <i>Virtual</i> Writer's Group on Zoom</p>	<p>21 1pm St. Patrick's Celebration Bingo Bash 1:30pm Bold & Golden Men's Group</p>	<p>22 10am Choose Health: Food, Fun and Fitness 10:30am Chair Yoga 11:15am Cooking Matters 12pm <i>Voices Forward</i> Choir Practice 3pm Tech Help with Valor College Prep*</p>	<p>23 9:30am Silver Sneakers 10:45am SAIL— Fall Prevention, Fitness & Strength Class 1pm Arthritis Exercise</p>	<p>24 9am Bus Leaves 10am Spring Day trip Event in Antioch 11am Knowles Knitters and Crocheters 12:15pm Karaoke</p>	25
26	<p>27 11:30am SAIL— Fall Prevention, Fitness & Strength Class 1pm Arthritis Exercise 1pm Writer's Group on Zoom</p>	<p>28 10am-12pm <i>All of Us</i> Research Program Enrollment Assistance* 1pm Bingo 1:30pm Bold & Golden Men's Group</p>	<p>29 10:30am Chair Yoga 3pm Tech Help with Valor College Prep*</p>	<p>30 9:30am Silver Sneakers 10:45am SAIL— Fall Prevention, Fitness & Strength Class 1pm Arthritis Exercise</p>	<p>31 11am Knowles Knitters and Crocheters 12:15pm Karaoke</p>	

FiftyForward Knowles PROGRAM INFORMATION




Program offered virtually

Knowles Center Activities 8:30am–3pm Monday thru Friday
General Socializing at the center is available! Practice or have a game of your pool, jigsaw puzzles are in the lobby as a come and go activity, eat lunch with other center members, play a board game, have a conversation and relax between scheduled programs. .

FiftyForward Fresh LUNCH Monday thru Friday
Reserve your lunch by 11am when you check in or by calling 615-743-3487. Cost: \$2.50 Lunch Served: 12:00 noon. Purchase with your FiftyForward F.A.N. card. F.A.N. Cards are purchased with a credit or debit card . Menus are posted at the center. **Please Note:** If you have food allergies, a specific diet, have a food preference or have food sensitivities the menus or food served is not able to be in compliance with individual food needs and choices.

Spring Flower Creation Art Project– Wednesday, March 1
Join FiftyForward Staff Member and Creative Guru Daniel Christian for an artful and meaningful Spring craft creation.

 **Chair Yoga Wednesdays, March, 1, 8, 15, 22, 29 at 10:30am.** Knowles member and certified yoga instructor Barbara Clinton will teach a seated yoga class for all fitness levels. Benefits of yoga include less stress, pain management, and better sleep.

Silver Sneakers Thursdays, March 2, 9, 16, 23, 30 at 9:30am. This fun workout will increase muscle strength, range of motion, and improve activities for daily living. This is a moderate intensity class that uses chair for support and exercise.

Stay Active and Independent for Life (SAIL) Mondays, March 6, 13, 20, 27 at 11:30am and Thursdays, March 2, 9, 16, 23, 30 at 10:45am. Stay Active and Independent for Life (SAIL) is a strength, balance and fitness class that helps seniors stay active, independent and most importantly, **reduce the risk of falling!** Exercises are performed standing or seated and can be modified for all abilities. **BRING A GUEST!**

Arthritis Exercise with Barb Mondays and Thursdays, March 2, 6, 9, 13, 16, 20, 23, 27, 30 at 1pm. Join us for this evidence based, seated (or standing) exercise program that helps improve mobility, strength, and coordination. There is also plenty of laughter, fitness and friendship!

Knowles Knitters and Crocheters Friday, March 3, 10, 18, 25 at 11am. Join other fellow knitters and crocheters to develop your hand knitting or hand crocheting skills. We have extra yarn and knitting needles but most **bring your own supplies.** **Bring a knitting or crocheting friend as a guest.**



Denotes member-led program

Karaoke Fridays, March 3, 10, 17, 24, 31 at 12:15pm. Music has the power to refresh the soul! Whether your voice is ready for Broadway or you're a shower singer, you'll be lifted up by this fun activity or you can simply watch the fun unfold.



Writers Group On Zoom Mondays, March 6, 13, 20, 27 at 1pm. Writers or aspiring writers are Invited! This group meets via Zoom to share writings that are 5-10 minute vignettes about life, focusing on events growing up to what happens throughout the day. **Prospective new members are welcome to visit the group without reading anything just to get a better understanding of what the group is about.** Call Sharie at 615-743-3488 for the Zoom link and more details.

Music City Moments at FiftyForward -Live Lunchtime Music! Tuesday, March 7 at 11:30am. Artist : Monti Amundson playing 50's & 60's Rock and Roll, Blues & Soul! Buy a lunch or bring a lunch! Lunches: \$2.50 Reservations by 11:00 am. **BRING A Guest! Sponsored by Music for Seniors!**

Bingo Tuesdays, March 7, *21, 28 at 1pm
St. Patrick's Bingo Bash Celebration, March 21st. At 1 pm!
Wear Green, snack on treats and see if you have the luck of the Irish as you play Bingo,

Bold & Golden Men's Group March 7, 21, 28 at 1:30pm.
Join this men's group to develop friendships, share experiences, talk about similar interests and simply spend time with other retired men.

Choose Health: Food, Fun, and Fitness Wednesdays, March 8, 15, 22 at 10am. This 6-week curriculum facilitated by a Tennessee State University Program Educator will help you choose ways to get in more healthy foods by learning how to substitute some of your daily food choices. You will also learn ways to make fitness fun and easy to do. **Graduation for this class is March 22!**

Cooking Matters Wednesdays, March 8, 15, 22 at 11:15am. This 6-week course facilitated by a Tennessee State University Program Educator will have you engaging in conversations to help you to select, purchase, and prepare healthy foods. You will also engage in physical activity to help stay fit. **Graduation for this class is March 22!**

FiftyForward Knowles PROGRAM INFORMATION



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Denotes member-led program

Voices Forward Choir Practice Wednesdays, March 8 and 22 at 12pm. Directed by Daniel Christian. Daniel has a music performance degree and is currently Music Director at a church in Clarksville. This choral group is a non-auditioned, inclusive group of singers who share a passion for music!


Tech Help with Valor College Prep Wednesdays, March 8, 22, 29 from 3pm-4pm. * Sign up in Advance by calling **615-742-4693 for an appointment.** Limited slots available. Tech Support for all Levels of interest! First time users welcome or do you just would like a step by step approach to learning a specific area of technology? This team of Valor College Prep students are patient, listen well and will give step by step instructions to your questions and will help you learn about internet access, smart phones, tablets, computers and more! Bring your device and your questions for a one-on-one help session.

TRIP: Nashville Symphony Dress Rehearsal Friday, March 10 Bus leaves at 9am and returns by 12:15 pm. Event Starts at 10:00 am *Sign up in Advance. Cost: \$10.00 – 6 participants required to make the trip. **Deadline to register is March 3rd. 11 seats available.** Join us on a trip to the beautiful Schermerhorn Symphony Center to see world-renowned musicians as they rehearse the powerfully emotional statements in Brahms' glorious Symphony No. 4.

 **Bluebird Café Livestream Monday, March 13 at 10am.** Song Writers and their Stories come alive as we Livestream an actual performance at the iconic Bluebird Café. Getting to see a Bluebird Café Concert is a Nashville attraction MANY seek to experience. We get to enjoy this great opportunity right at FiftyForward Knowles.

Experience a Virtual Dementia Tour Tuesday, March 14 from 10am-12pm. *Sign up in Advance by calling Georgina Dench at 615-742-4690. Senior Helpers is providing this unique 10 minute simulation experience with trained facilitators where you will enter a "living room" environment and perform a series of daily tasks while using devices that create the feeling of mid-stage dementia plus 2 chronic health conditions. After the simulation, there will be a short de-brief with a dementia expert. This is an eye-opening experience meant to increase knowledge about and compassion for those living with dementia. Devices used to simulate include headphones, colored sunglasses and special gloves. **As this is a simulation experience, this is not appropriate for persons with any physical or cognitive limitations.**

Nashville Public Library Puppet Show Wednesday, March 15 at 12:30pm. Performance : "Puss in Boots" This show will be a mixture of colorful marionette and hand rod puppets with jazz infused music in a fun version of this classic Brother's Grimm story. **Note: Your children and/or grandchildren are invited for this performance. Please stay with your grandchildren and supervise them while at FiftyForward Knowles.** Transportation will not be provided. Small Snack Served!

 **Bible Study 101 Thursday, March 16 at 12pm.** Join Knowles member Dorothy Baccus for a time of learning how to look up verses and learn how to study the Bible. Bring a Bible from home or let us know if you need one.

TRIP- Spring is Almost Here Event in Antioch Friday, March 24 Van leaves at 9:00 am. Event Time: 10:00–1 pm. *Sign up in Advance. COST: Free! Join us for Music, Chair Yoga, Bingo and lunch with a great group from Antioch.

All of Us Research Program Enrollment Assistance Tuesday, March 28, 10am-12pm. *Sign up in Advance. The FiftyForward All of Us team will be offering private appointments for those who need assistance enrolling in the All of Us Research Program. They are looking for diverse participants to enroll and share their health information in order to improve the health of future generations. Your benefit? **Being a part of this program means that you can choose to receive information we learn about you.** You will learn how you can be a part of the future of medicine where one size does NOT fit all. **Imagine a future where your health care is tailored to you!**